

GDM - Gestational Diabetes

GDM-AP ANATOMY AND PHYSIOLOGY

OUTCOME: The patient/family will understand anatomy and physiology as it relates to gestational diabetes mellitus (GDM).

STANDARDS:

1. Explain the anatomy and physiology of GDM.
2. Discuss the changes to anatomy and physiology as a result of GDM.
3. Discuss the impact of these changes on the patient's health or well-being.

GDM-C COMPLICATIONS

OUTCOME: The patient/family will understand the complications of gestational diabetes mellitus (GDM) for mother and unborn baby.

STANDARDS:

1. Explain that uncontrolled GDM can result in the following complications for the infant: macrosomia, hypoglycemia, respiratory distress, hypocalcemia, shoulder dystocia, hyperbilirubinemia, or perinatal death.
2. Explain that uncontrolled GDM can result in the following complications for the mother: hyperglycemia, miscarriage, preeclampsia, C-section, and increase risk of GDM with subsequent pregnancies and onset for diabetes mellitus type 2.

GDM-CM CASE MANAGEMENT

OUTCOME: The patient/family/caregiver will understand the importance of integrated case management in gestational diabetes mellitus (GDM).

STANDARDS:

1. Discuss roles and responsibilities of each member of the care team including the patient, family/caregiver, and providers in the case management plan.
2. Explain the coordination and integration of resources and services in developing and implementing the case management plan.
3. Explain the need to obtain the appropriate releases of information necessary to support integrated case management and to maintain patient privacy and confidentiality. **Refer to AF-CON.**

GDM-DP DISEASE PROCESS

OUTCOME: The patient/family will understand the disease process of gestational diabetes mellitus (GDM).

STANDARDS:

1. Briefly describe the disease process of GDM, including insulin resistance and hormonal changes, as appropriate.
2. Describe risk factors for developing GDM, e.g., family history of diabetes, age, ethnicity, previous GDM pregnancy, sedentary lifestyle, overweight.
3. Explain that the symptoms of GDM are similar to normal pregnancy and screening is required. These signs/symptoms may include: increased thirst, increased urination, increased hunger, unintentional weight loss, lethargy, headache, blurry vision, impaired concentration, impaired wound healing and immune response.
4. Emphasize that there is no cure for GDM. Encourage periodic screening.

GDM-EX EXERCISE

OUTCOME: The patient/family will understand the role of physical activity during pregnancy.

STANDARDS:

1. Discuss medical clearance issues for physical activity.
2. Discuss the benefits of any physical activity, such as improvement in well being especially during labor and delivery, stress reduction, sleep, bowel regulation, and improved self image.
3. Discuss barriers to a personal physical activity plan and solutions to those barriers. Assist the patient in developing a personal physical activity plan.
4. Discuss the appropriate frequency , intensity, time, and type of activity.
5. Discuss the availability of community resources and refer as appropriate.

GDM-FU FOLLOW-UP

OUTCOME: The patient/family will understand the importance of follow-up in gestational diabetes mellitus (GDM).

STANDARDS:

1. Discuss the importance of follow-up care.
2. Discuss the procedure and process for obtaining follow-up appointments and that follow-up appointments be kept.

3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

GDM-L LITERATURE

OUTCOME: The patient/family will receive literature about Gestational Diabetes Mellitus (GDM).

STANDARDS:

1. Provide the patient/family with literature on Gestational Diabetes Mellitus (GDM).
2. Discuss the content of the literature.

GDM-LA LIFESTYLE ADAPTATIONS

OUTCOME: The patient/family/caregiver will understand the lifestyle adaptations for gestational diabetes mellitus (GDM).

STANDARDS:

1. Explain that lifestyle adaptations are the key components to preventing or delaying the progression of GDM.
2. Emphasize that nutrition and physical activity aid in weight loss and are critical components in addressing insulin resistance.
3. Explain that use of tobacco products can exacerbate the disease process and lead to complications.

GDM-M MEDICATIONS

OUTCOME: The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

STANDARDS:

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate. Discuss the use of medicine during pregnancy.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.

4. Discuss the importance of full participation with the medication plan and that this is the patient's responsibility. Discuss any barriers to full participation.
5. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

GDM-MNT MEDICAL NUTRITION THERAPY

OUTCOME: The patient/family will understand the specific nutritional intervention(s) needed for gestational diabetes mellitus (GDM).

STANDARDS:

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
 - a. Assessment of the nutrition related condition.
 - b. Identification of the patient's nutritional problem.
 - c. Identification of a specific nutrition intervention therapy plan.
 - d. Evaluation of the patient's nutritional care outcomes.
 - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Discuss the availability of community resources and refer as appropriate.

GDM-N NUTRITION

OUTCOME: The patient/family will understand the importance of nutritional management in gestational diabetes mellitus (GDM).

STANDARDS:

1. Emphasize that nutritional management includes meal planning, careful shopping, appropriate food preparation, and eating.
2. Describe healthy food preparation methods. Emphasize the importance of appropriate serving sizes and reading food labels.
3. Identify techniques or strategies for eating out, social events, traditional eating practices, and family support in managing blood sugar.
4. Explain that emotional eating from boredom, anger, frustration, loneliness, and depression can interfere with blood sugar control, as appropriate. Alternative choices should be recommended.

5. Discuss managing food intake with medication on sick days and with physical activity to prevent hypoglycemia.
6. Discuss the need for nutritional intervention and refer to a Registered Dietitian as appropriate.

GDM-SM STRESS MANAGEMENT

OUTCOME: The patient will understand the role of stress management in gestational diabetes mellitus (GDM).

STANDARDS:

1. Explain that uncontrolled stress can contribute to insulin resistance and lead to increased morbidity and mortality.
2. Explain that uncontrolled stress can interfere with the treatment of GDM.
3. Explain that effective stress management may reduce the adverse consequences of diabetes, as well as help improve the health and well-being of the patient.
4. Discuss that stress may exacerbate adverse health behaviors such as increased tobacco, alcohol or other substance use as well as overeating, all which can increase the risk of morbidity and mortality from GDM.
5. Discuss various stress management strategies which may help maintain a healthy lifestyle. Examples may include:
 - a. Becoming aware of your own reactions to stress
 - b. Recognizing and accepting your limits
 - c. Talking with people you trust about your worries or problems
 - d. Setting realistic goals
 - e. Getting enough sleep
 - f. Maintaining a reasonable diet
 - g. Exercising regularly
 - h. Taking vacations
 - i. Practicing meditation, self-hypnosis, and positive imagery
 - j. Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation
 - k. Participating in spiritual or cultural activities
6. Discuss the availability of community resources and refer as appropriate.

GDM-TE TESTS

OUTCOME: The patient/family will understand the test(s) to be performed, the potential risks, expected benefits, and the risks of non-testing.

STANDARDS:

1. Explain test(s) that have been ordered (explain as appropriate):
 - a. method of testing
 - b. necessity, benefits, and risks of test(s) to be performed
 - c. any potential risk of refusal of recommended test(s)
 - d. any advance preparation and instructions required for the test(s)
 - e. how the results will be used for future medical decision-making
 - f. how to obtain the results of the test
2. Explain test results:
 - a. meaning of the test results
 - b. follow-up tests may be ordered based on the results
 - c. how results will impact or effect the treatment plan
 - d. recommendations based on the test results